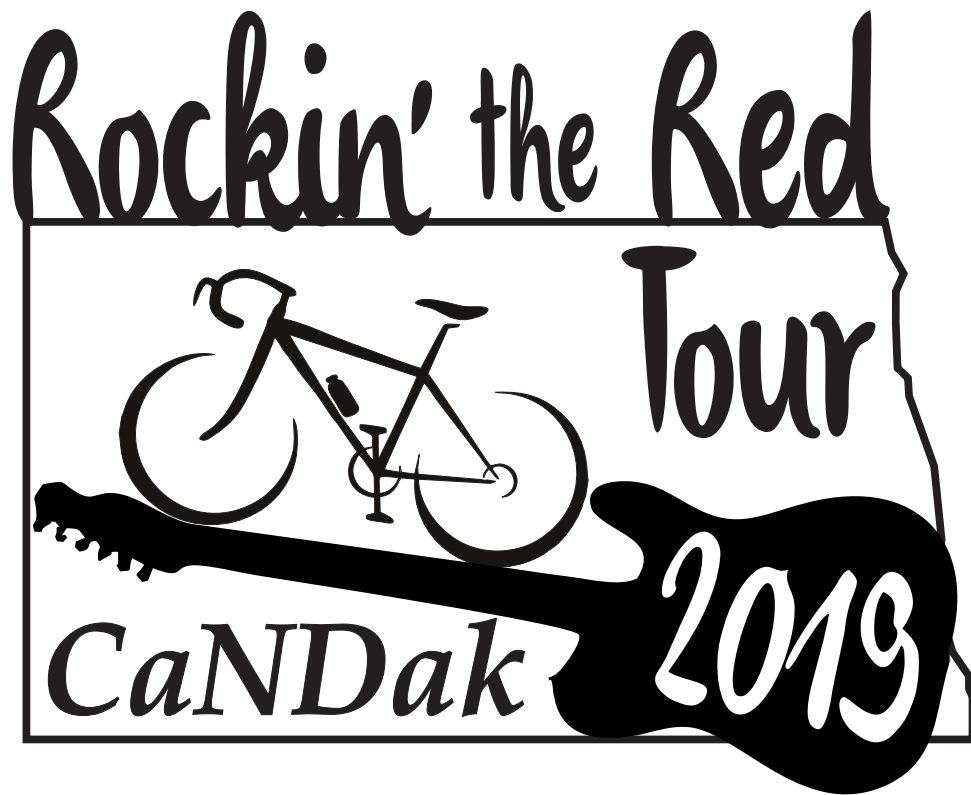


Rockin the Red Tour
August 3rd - 10th, 2019

TRIP SHEETS



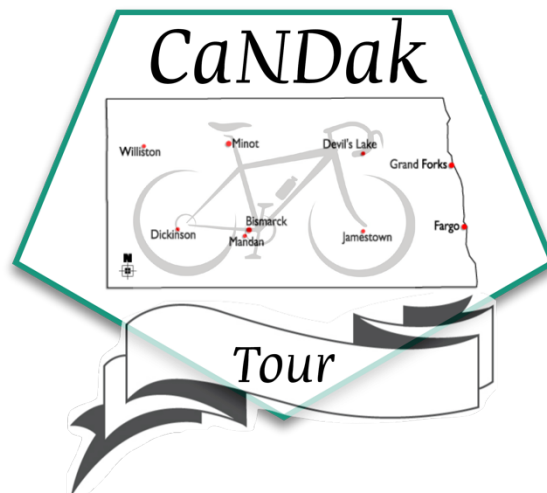
Welcome to
CaNDak
Cycling Around North Dakota

Greetings CaNDak Cyclists!

Welcome to CaNDAK 2019- we are thrilled to have you joining us on our second tour! Our group is excited to be offering the experience that many of you cherish and look forward to all year long. The scenery and uniqueness of North Dakota are truly one of a kind and this tour will give you the opportunity to see the beauty of North Dakota first hand on two wheels. North Dakota's small- town hospitality has made a lasting impression for many tourists and we hope you get that experience as well!

Our group consists of high school wrestling teams from around the area. Minot High School, Velva High School, and Bishop Ryan High School has come together to offer this amazing event in hopes to offer a great ride and to help fund their teams for the upcoming season. We have been working tirelessly with host community members in the Northeast portion of ND. We are crossing the awesome Red River not once, but twice!! We have been working with the area communities and have put together what we hope will be an experience that you will seek out again and again.

Enjoy yourselves as we deliver what North Dakota has to offer!



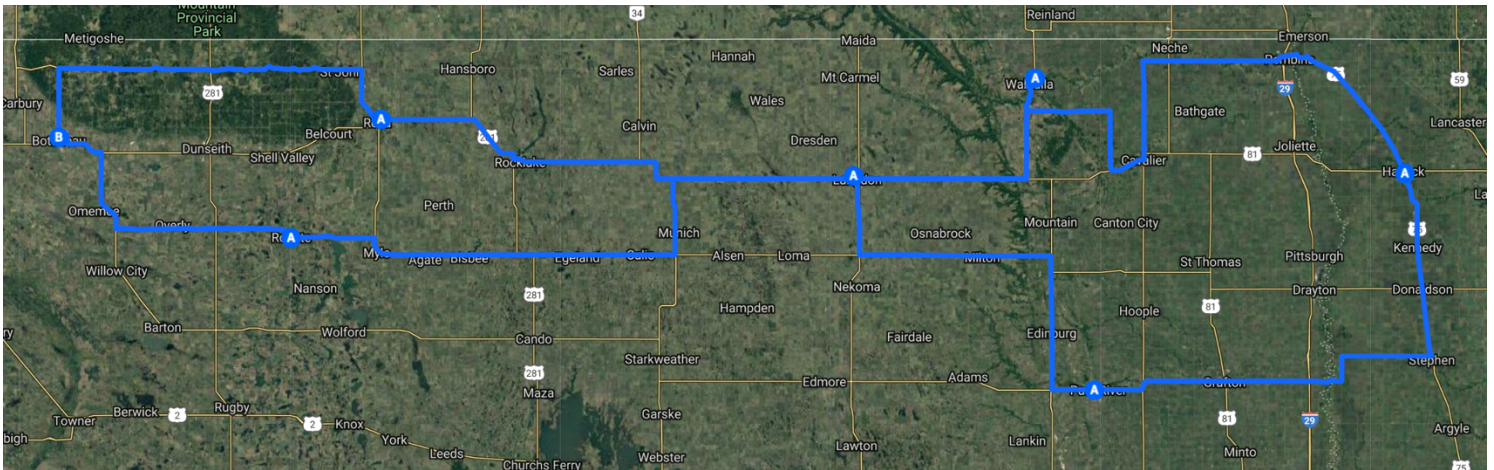
WELCOME TO CaNDak!!

CaNDAK TOUR 2019 ITINERARY

“Rockin the Red Tour”

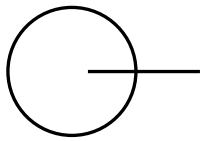
August 3rd-10th, 2019

<u>DATE</u>	<u>LOCATION</u>	<u>MILES</u>
Saturday, August 3	Bottineau, Registration Day (Bottineau County Fair Grounds)	
Sunday, August 4	Bottineau to Rolla	50 miles
Monday, August 5	Rolla to Walhalla	94 miles
Tuesday, August 6	Walhalla to Hallock, MN	75 miles
Wednesday, August 7	Hallock, MN to Park River	66 miles
Thursday, August 8	Park River to Langdon	54 miles
Friday, August 9	Langdon to Rolette	78 miles
Saturday, August 10	Rolette to Bottineau	37 miles
<i>End of Tour Celebration in Bottineau!!</i>		454 miles

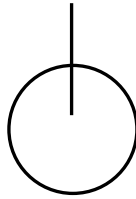


GENERAL INFORMATION

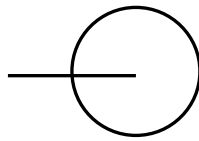
Route Marking



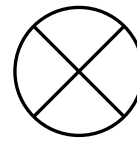
Right Turn



Straight



Left Turn



Wrong Way



Rough Crossing Ahead (Railroads, rumble strips). Go very slowly.

These signs will be printed on the right side of the roads as you approach the intersection.

Emergency Number: 1-800-472-2121 or 911

Baggage Loading and Hauling

5:00 am to 8:00 am – **Baggage Truck will leave at 8:00 am sharp.**

SAG Wagons

Thumbs down signal if you want help: water, first aid, energy snacks, etc.

Transportation to next rest stop or overnight stop.

If the riders spread out too far within the day's route, CANDAK Officials have the discretion to mandate that riders sag to the next rest stop or to a safe stopping point closer to the rider group. This is due to safety concerns of CANDAK Officials having to sag many miles along each day's route in order to ensure full patrol for the entire rider group.

CaNDak Wristband

Wristbands must be worn at all times during the ride.

Wristbands will be used to identify pre-paid meal plan purchasers.

Green: No Meal Plan, Red: Full Meal Plan, Blue: Supper Only Plan, Yellow: Breakfast Only Plan

MEALS

Must have a meal plan wristband. Individual meals may be sold at the discretion of the host community if they have an adequate amount of food left, but will not be sold or served until after 7:00pm/7:00am. This is not guaranteed.

Minor Waiver- Waiver must be carried at all times by cyclists under 18.

Information Van

Weather information, trip sheets, emergency numbers, lost and found, etc. can be found in the information van. If you have any questions, please visit the info van.

Staff Vehicles

CANDAK Staff Vehicles are all marked with signage on the sides.

CaNDak Day Riders/Late registrations- Available at the Information Van.

WEAR YOUR HELMET!!! Riding permitted only during daylight hours.

HOW TO RIDE CaNDak SAFELY

- 1. OBEY TRAFFIC LAWS:** In North Dakota, bicyclists enjoy the same rights as motorists. In accepting those rights, bicyclists also assume the responsibilities for riding in a safe and legal manner by:
****Stopping completely at stop signs, obeying yield signs, not crossing yellow lines in your lane, riding to the right, signaling for turns, not cutting corners, and riding in a respectful manner.
- 2. STOP OFF THE ROAD SURFACE:** When stopping along the CaNDak route please signal to let those behind know your intentions. Stop at the right edge of the roadway and immediately move to the shoulder. Stay clear of the roadway. Stopping is especially dangerous at the crest of a hill or on a curve.
- 3. BE CONSIDERATE:** The bicycling skills of those participating in CaNDak cover the full range of the spectrum. Each rider must look out for everyone else, as well as themselves. These tips will help:
****Don't weave. Make sure no bicyclists or motor vehicles are immediately behind you when you stop. Signal turns and stops. Sound off when passing. Use phrases such as "On your left," "On your right," or "Coming through the middle." Ride to the right, leaving room to pass on your left. Keep your bicycle in good condition. Turn left from the center of the roadway. Park completely off the roadway. Be courteous to passing vehicles and other bicyclists. Instead of riding several abreast, go single file and let those behind you pass. Use a rear view mirror.
- 4. WEAR A HELMET:** It is estimated that 85% of bicycling accidents result in injury to face or head. Wear a good protective helmet!
- 5. CROSS RAILROAD TRACKS AT RIGHT ANGLES.**
- 6. BEWARE OF LOOSE GRAVEL:** Especially at intersections, on curves and going down hills.
- 7. DON'T DRAFT:** Drafting in crowds is dangerous. There is no place for it on CaNDak. Drafting vehicles is also dangerous and will not be tolerated.
- 8. DON'T RIDE AT NIGHT:** North Dakota offers 16 hours of daylight; riders will not be allowed to ride before sunrise or after dark.
- 9. BE IN CONDITION:** You should be in good shape and be capable of riding the distances each day before you come on the ride.
- 10. PACE YOURSELF:** CaNDak is not a race; it is a touring bicycle ride in the state of N.D. All riders do not travel at the same speed, so don't try to keep up with someone who rides too fast for you. Riding too fast or in too high a gear is tough on your knees, heart and lungs.
- 11. EAT AND DRINK FREQUENTLY:** Rather than loading up once in the middle of the day, stop frequently for fluid and food and also carry water with you.
- 12. COOPERATE WITH CaNDak OFFICIALS:** State Troopers, Deputy Sheriffs, and other law enforcement personnel will be patrolling the route. Obey their signals. Please stay on the marked route. (Services are not available to you if you are off the route.)
- 13. CONTROL YOUR SPEED WHEN GOING DOWN HILLS:** Don't ride your brakes and be very careful on down hill curves.

14. **REMOVE BIKING GLOVES AND WASH HANDS AS OFTEN AS POSSIBLE BEFORE EATING:** Remove biking gloves when using toilet facilities.

CAMPGROUND ETIQUETTE



Everywhere we CaNDakers go, we want to be welcomed guests, so please treat our hosts with courtesy and respect.

1. **DO NOT LITTER.** Pick up your own trash in the campground and along the route.
2. **RESPECT THE PROPERTY OF OTHERS.** Leave the campground in better condition than you found it. If the meal is inside, please respect that property by taking off your cleats before walking onto the floor.
3. **KEEP THE CAMPGROUND QUIET.** Most riders want to get a good night's rest. Quiet hours will begin at 9:30 PM. When you get up in the mornings, please be quiet and respect that others might still be sleeping.
4. **CAMP ONLY WHERE DIRECTED.** Local communities go through a great deal of work to set up the campground. Please be respectful.
5. **NO CLEATS ON GYMNASIUM FLOORS**
5. **NO SMOKING OR ALCOHOL ON SCHOOL GROUNDS**

ENJOY CaNDak AND ENJOY NORTH DAKOTA!!

We hope you make great friends and memories to last a lifetime on CaNDak.

PRE-RIDE DAY
SATURDAY, AUGUST 3rd, 2019
Bottineau County Fairgrounds
Registration starts at 3 p.m.

-CAMPING-

Tent Camping is available inside the grounds.

-SHOWERS-

Showers are located by the restrooms.

-BREAKFAST MEAL-

5:00-8:00 a.m. at the 1st Lutheran Stand

-SUPPER MEAL-

5:00-8:00pm at the 1st Lutheran Stand.
Lasagna (meat and vegetable) salad, bread,
ice cream.

TBA

-ENTERTAINMENT-

Pre-Ride Information Meeting

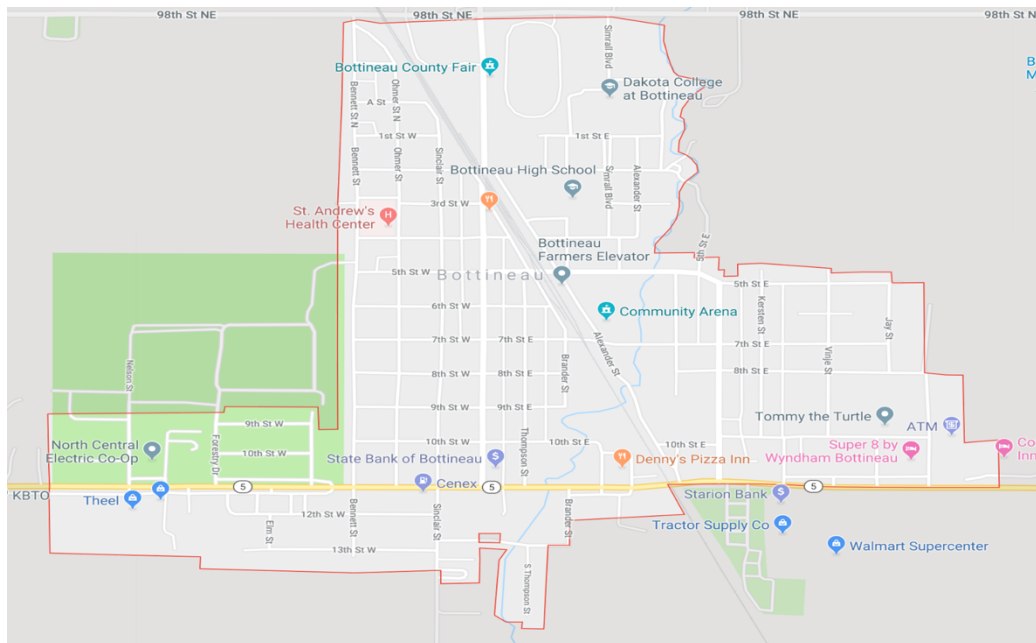
8:00pm

1st Lutheran Stand

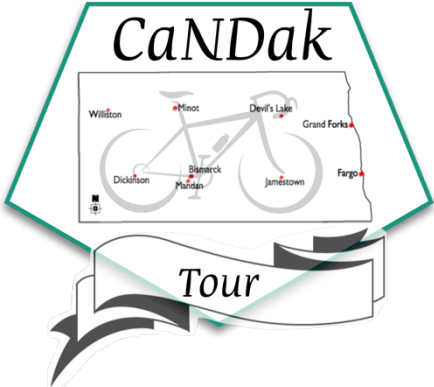
We recommend all riders & support vehicles attend this meeting. Very Important!!
New riders REQUIRED to attend.

SEVERE WEATHER SHELTER-- Bottineau High School Gymnasium
ATM—Cenex Convenience Store

MAP to Bottineau
County
Fairgrounds



This blank page is left for you to start making memories & meeting friends!



DAY 1
SUNDAY, AUGUST 4th, 2019
Bottineau to Rolla
50 MILES

-REST STOPS-- (Check map)-

MILES--

11	Botno to Sawmill Corner	Drink, Toilet, Food
15	Sawmill Corner to Rest Stop	Water, Toilet
17	Rest Stop to St. John	Drink, Toilet, & Food
7	St. John to Rolla	FINAL DESTINATION

-POINTS OF INTEREST-

-CAMPING-

Camping will be in the Rolla City park.

-SHOWERS-

The Rolla High School or "Great North Dakota Water Shed."

-SUPPER MEAL-

5:00-8:00pm at Rolla High School
Pulled Pork, Vegetarian chili, salad bar,
water, lemonade.

-BREAKFAST MEAL-

5:00-8:00am at Rolla High School
Pancakes, oatmeal, sausage, juice, coffee.

-ENTERTAINMENT-

Corn Hole and ladder ball available for use free of charge.

INTERNET ACCESS – Rolla High School

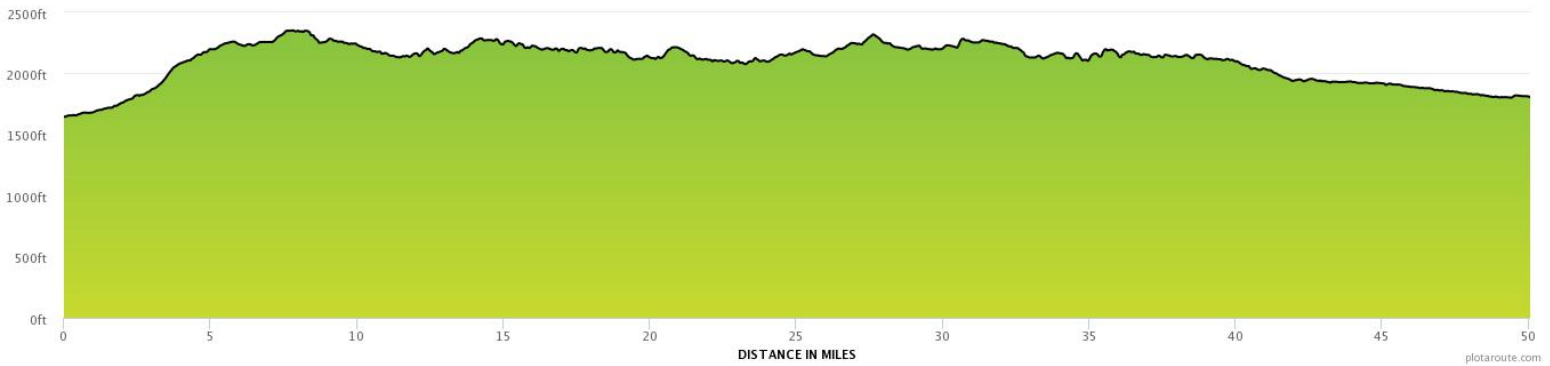
LAUNDROMAT—None

ATM— Dakota Bank

SEVERE WEATHER LOCATION— Rolla High School



DAY 1
SUNDAY, AUGUST 4th, 2018
Bottineau to Rolla
50 MILES



DAY 2
MONDAY, AUGUST 5th, 2019
Rolla to Walhalla
94 MILES

-REST STOPS-- (Check map)-

MILES—

12	Rolla to Rest Stop	Water &. Toilet
7	Rest Stop to Rock Lake	Water, Food, & Toilet
17	Rock Lake to Rest Stop	Water & Toilet
25	Rest Stop to Langdon	Water, Food, & Toilet
20	Langdon to Rest Stop	Water & Toilet
12	Rest Stop to Walhalla	FINAL DESTINATION

-POINTS OF INTEREST-

-CAMPING-

Camping is available at the Football Field.

-SHOWERS-

High School (Bus transportation 4-9pm.)
and the "Great North Dakota Water Shed."

-SUPPER MEAL-

**5:00-8:00pm at the Walhalla Fire
Department**

Ham, Baked Potato Bar, bars, cookies,
water, Gatorade, coffee

-BREAKFAST MEAL-

5:00-8:00am at Walhalla Fire Department
Eggs, Pancakes, hashbrowns, coffee, juice,
water

-ENTERTAINMENT-

Corn Hole and ladder ball available for use free of charge.

INTERNET ACCESS— None

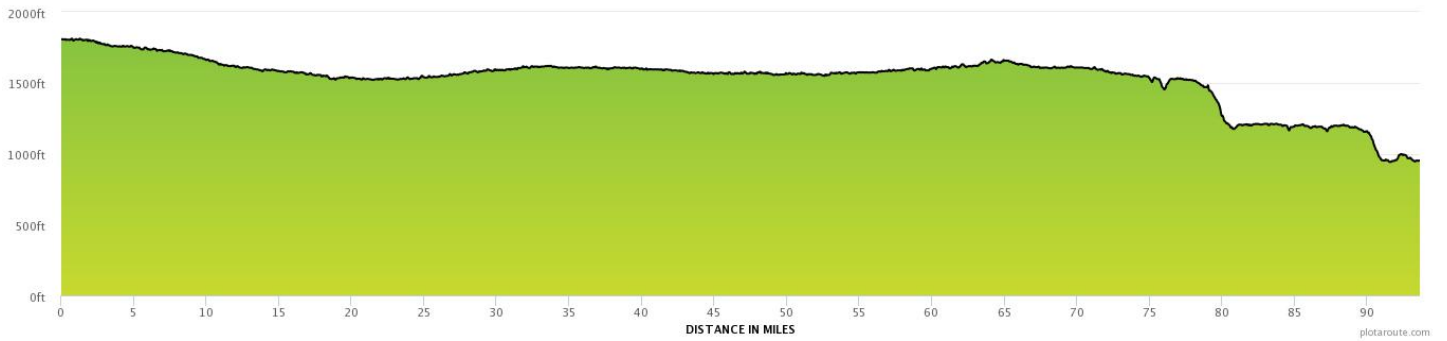
LAUNDROMAT— 407 6th st.

ATM— 504 Sunset Ave.

SEVERE WEATHER LOCATION— Walhalla High School



DAY 2
MONDAY, AUGUST 5th, 2019
Rolla to Walhalla
94 MILES



DAY 3
TUESDAY, AUGUST 6th, 2019
Walhalla to Hallock, MN
75 MILES

-REST STOPS-- (Check map)-

MILES--

13	Walhalla to Rest Stop	Toilet & Water (Porta)
13	Rest Stop to Cavalier	Food, Drink, & Toilet
14	Cavalier to Rest Stop	Toilet & Water (Porta)
15	Rest Stop to Pembina	Foot, Drink, & Toilet
20	Pembina to Hallock, MN	FINAL DESTINATION

-POINTS OF INTEREST-

-CAMPING-

Tent camping Kittleson Central Hockey
Arena.

-SHOWERS-

Showers are located at the arena.

-SUPPER MEAL-

5:00-8:00pm Hallock Eagles Club
Swedish Meatballs & vegetarian Lasagna,
mashed potatoes, brownies, water, coffee

-BREAKFAST MEAL-

5:00-8:00am Hallock Eagles Club
Caramel Rolls, boiled eggs, dried cereal,
fruit, milk, coffee

-ENTERTAINMENT-

Main Street Activities starting at 6p.m. - Kid's bike parade, Trivia contest, Beanbag toss,
carshow, Fire Engine Rides, Farmer's Market and music.
Tours of Spirits Distillery starting at 3:30 and 4:30.

INTERNET ACCESS—Hallock Library

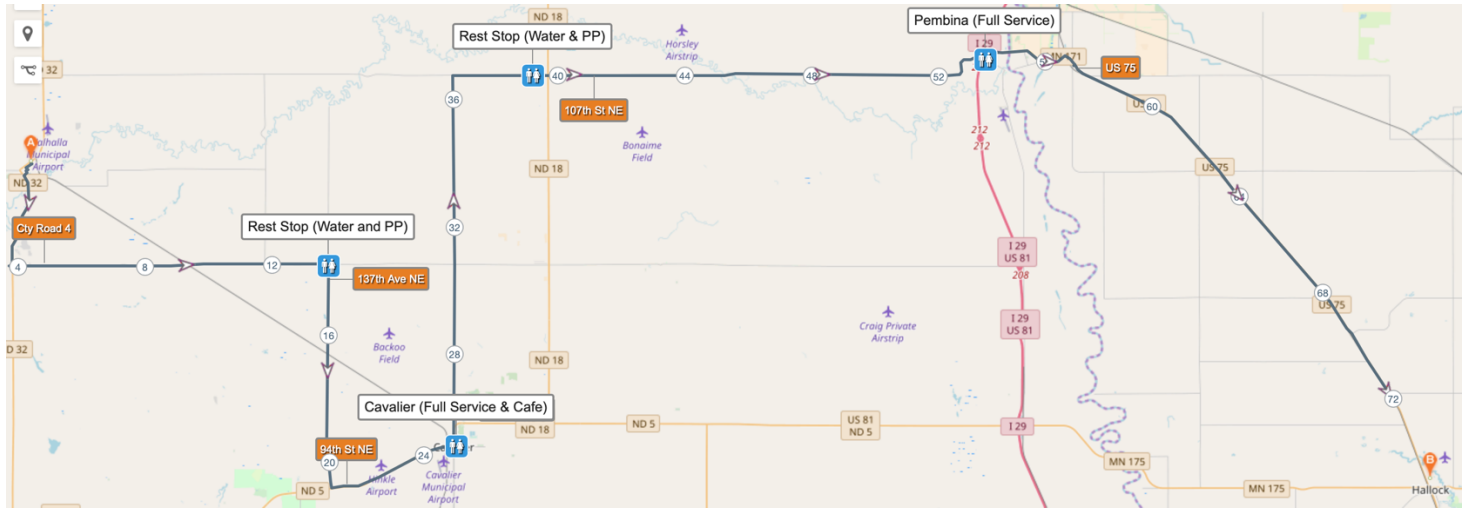
LAUNDROMAT— Mr. B's Laundromat, 313 Main Street, change machine

ATM— American Federal

SEVERE WEATHER LOCATION— Hallock City Hall



DAY 3
TUESDAY, AUGUST 6th, 2019
Walhalla to Hallock, MN
75 MILES



DAY 4
WEDNESDAY, AUGUST 7th, 2019
Hallock to Park River
66 MILES

-REST STOPS-- (Check map)-

MILES--

12	Hallock to Rest Stop	Water & Toilet (Porta)
14	Rest Stop to Stephan	Food, Water, & Toilet
12	Stephan to Rest Stop	Water & Toilet (Porta)
14	Rest Stop to Grafton	Food, Water, & Toilet
14	Grafton to Park River	FINAL DESTINATION

-CAMPING-

Tent camping is available East Meadow Campground.

-SHOWERS-

Showers are located at the campground.

-SUPPER MEAL-

5:00-8:00pm at the Park River American Legion

Spaghetti, Garlic Toast House salad, cookie, water & lemonade

-BREAKFAST MEAL-

5:00-8:00am at the Park River American Legion

Pancakes, eggs, sausage links, banana, coffee, juice

-ENTERTAINMENT-

5:00-8:30- Park River City Hall-shuttling available. Unique bikes, BP testing, chair massages etc. S'more station available at campground.

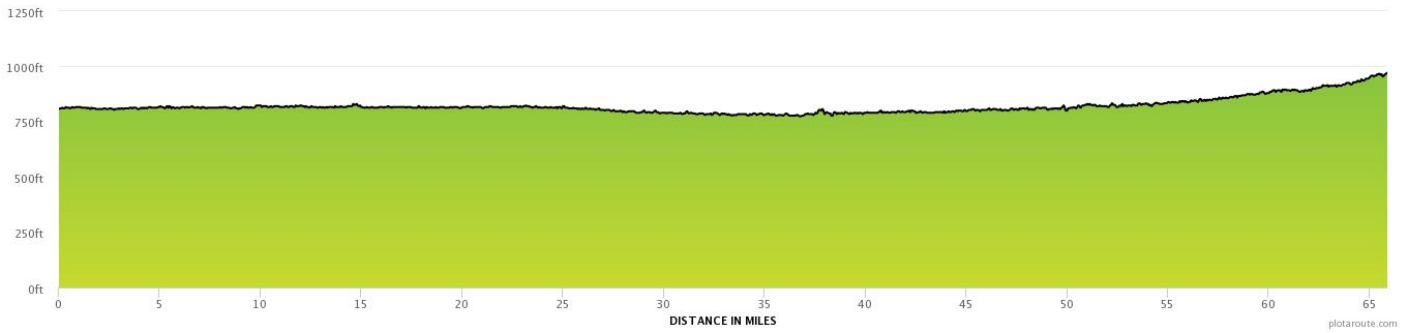
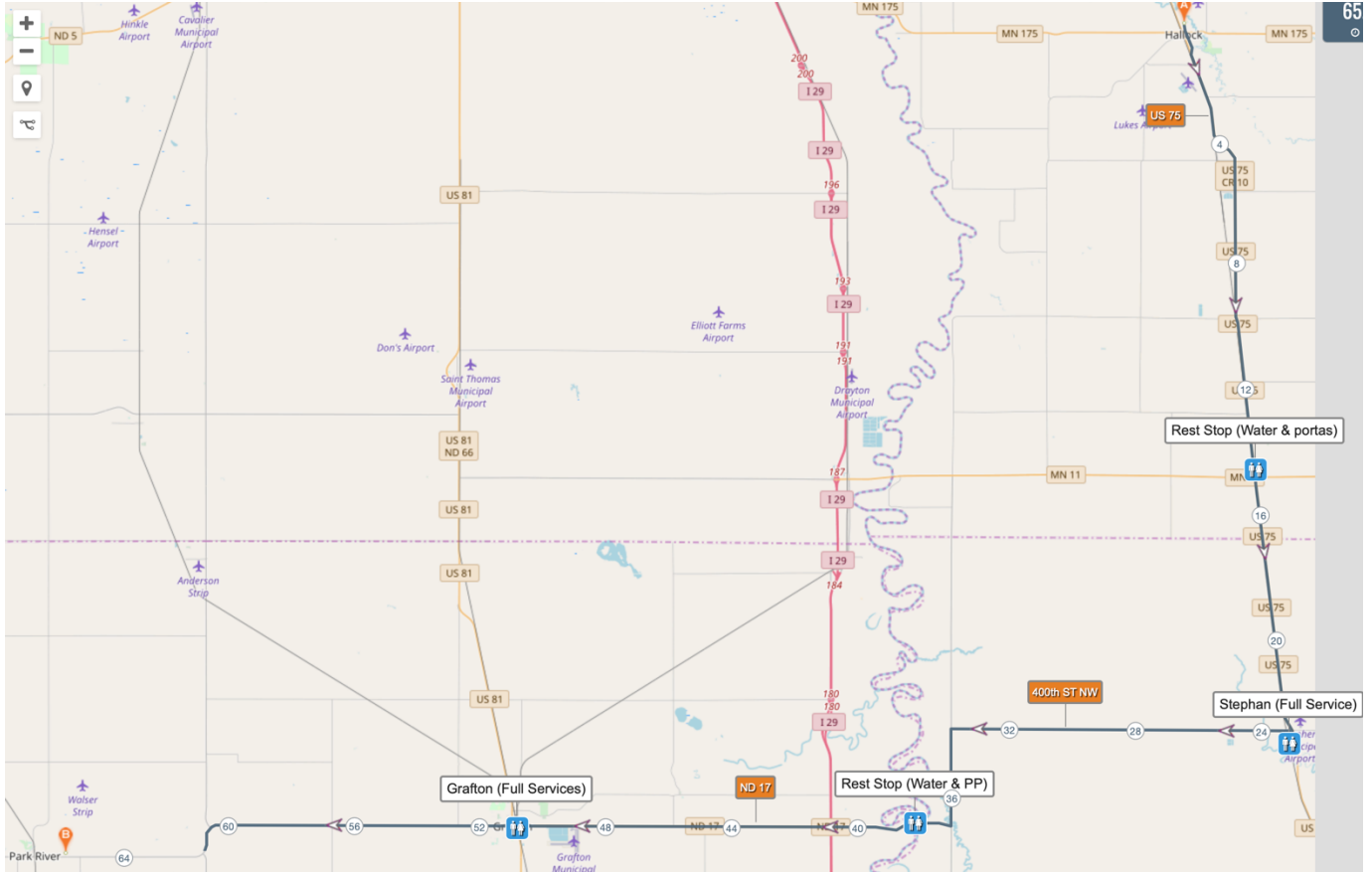
LAUNDROMAT— 815 Park St. W, Park River

ATM— North Star Cenex, Park River American Legion, Jim's Super Valu

SEVERE WEATHER LOCATION— Park River City Hall



DAY 4
WEDNESDAY, AUGUST 7th, 2019
Hallock to Park River
66 MILES



DAY 5
THURSDAY, AUGUST 8th, 2019
Park River to Langdon
54 MILES

-REST STOPS-- (Check map)-

MILES--

13	Park River to Edinberg	Food, Drink, & Toilet
22	Edinberg to Rest Stop w/snack stand	Food, Drink, & Toilet
19	Rest Stop to Langdon	FINAL DESTINATION

-POINTS OF INTEREST-

-CAMPING-

Tent camping is available at Langdon
Research Extension Center.

-SHOWERS-

The "Great North Dakota Water Shed."

-SUPPER MEAL-

**5:00-8:00pm at Eagles Club (Shuttle
Provided)**

Chicken, Mashed potatoes, several salads,
water, coffee

-BREAKFAST MEAL-

5:00-8:00am at extension Center

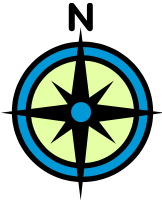
Egg Bake, coffee, water, juice, donuts.

INTERNET ACCESS— None

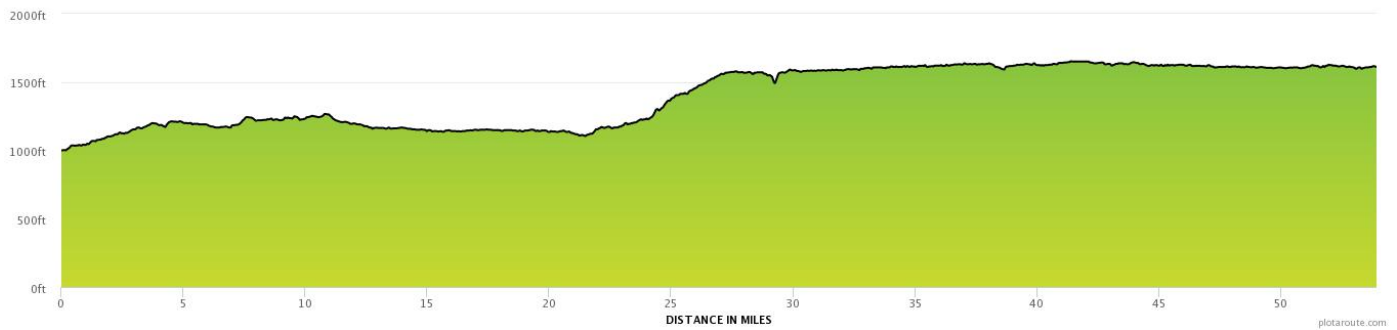
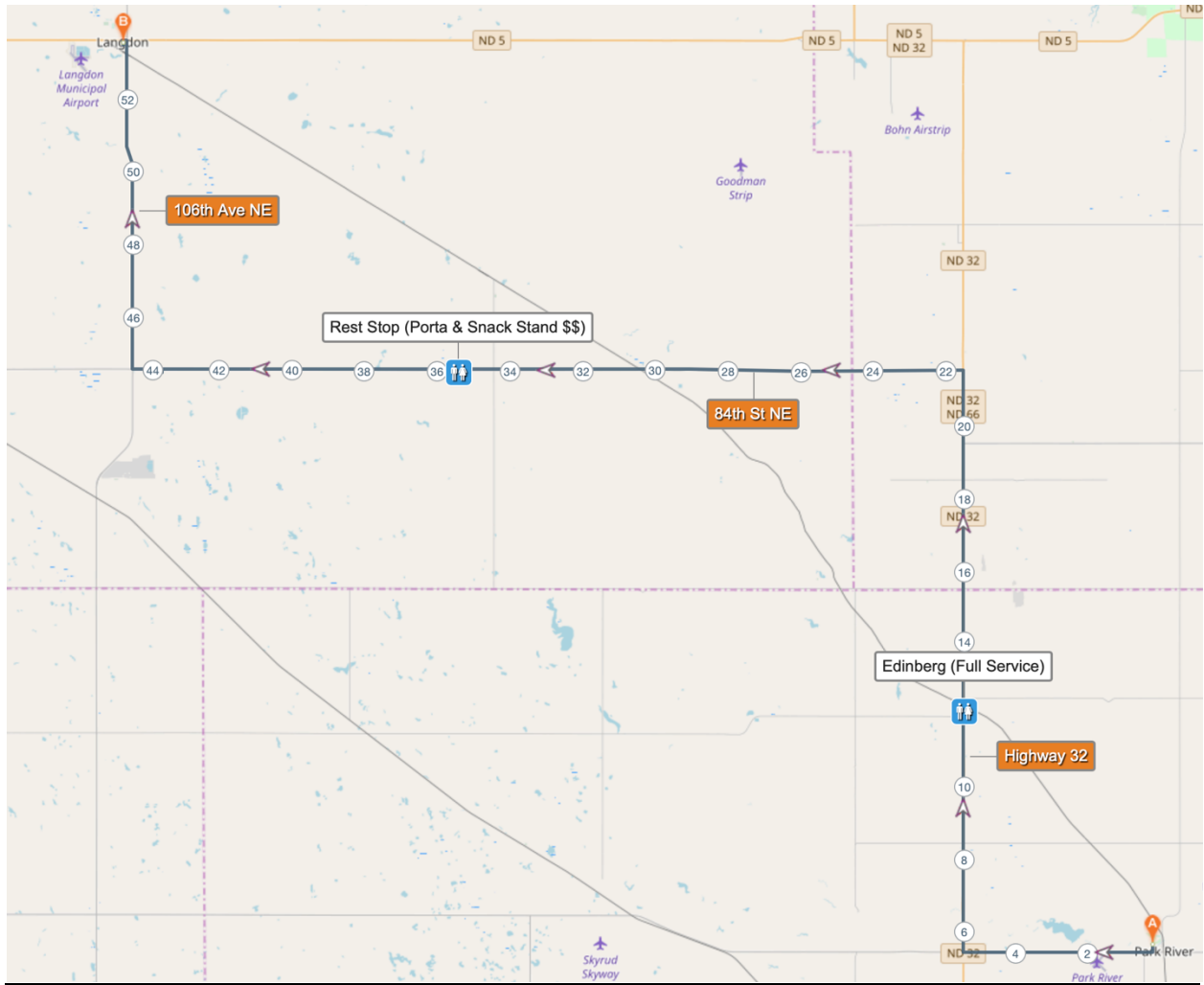
LAUNDROMAT—102 8th Ave

ATM— Several Downtown

SEVERE WEATHER LOCATION—Extension Center buildings



DAY 5
THURSDAY, AUGUST 8th, 2019
Park River to Langdon
54 MILES



DAY 6
FRIDAY, AUGUST 9th, 2019
Langdon to Rolette
78 MILES

-REST STOPS-- (Check map)-

MILES--

12	Langdon to Rest Stop	Water and Toilet
20	Rest Stop to Munich	Food, Drink, & Toilet
7.6	Munich to Egeland	Water & Toilet (Porta)
22.8	Egeland to Bisbee	Food, Drink, & Toilet
12.3	Bisbee to Rest Stop Snack Stand	Food, Drink & Toilet (Porta)
21.6	Bisbee to Rolette	FINAL DESTINATION

-POINTS OF INTEREST-

-CAMPING-

Tent camping is available East of the school.

-SHOWERS-

The "Great North Dakota Water Shed" will be located near campgrounds.

-SUPPER MEAL-

5:00-8:00pm at City Hall

Lasagna, French Bread, Salad, bars, cookies
water, lemonade, coffee

-BREAKFAST MEAL-

5:00-8:00am at City Hall

Breakfast burritos, Hot oatmeal, caramel
rolls, milk, juice, coffee

-ENTERTAINMENT-

INTERNET ACCESS—None

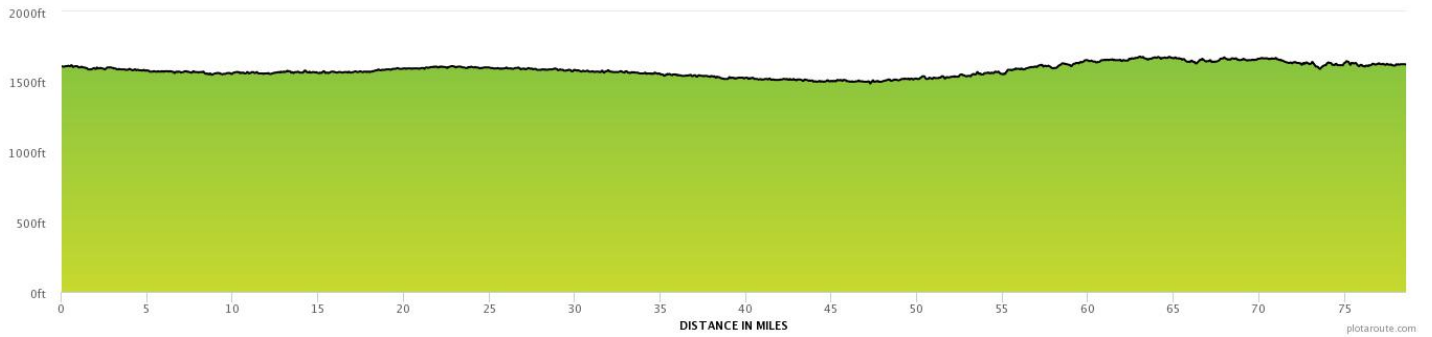
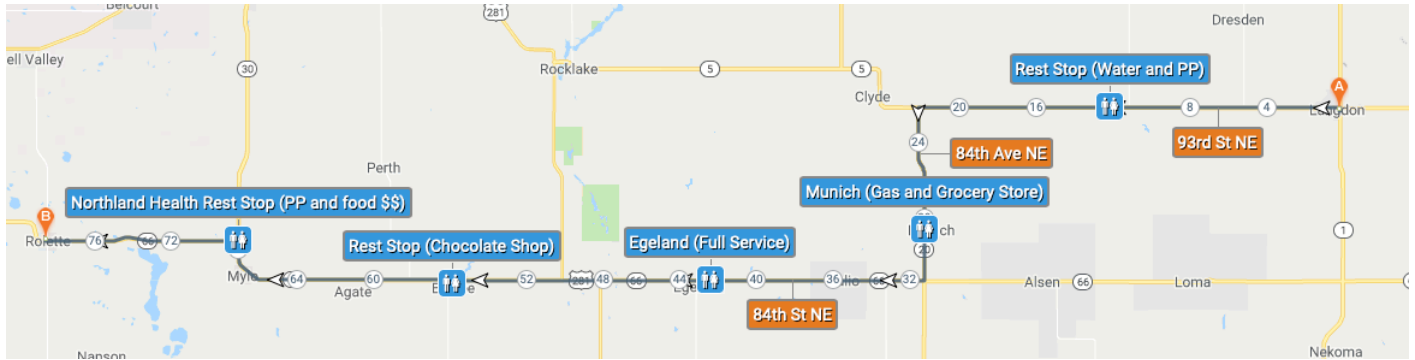
LAUNDROMAT—Main Street

ATM— Gas Station

SEVERE WEATHER LOCATION— Memorial Hall- 503 2nd Ave.



DAY 6
FRIDAY, AUGUST 9th, 2019
Langdon to Rolette
78 MILES



DAY 7
SATURDAY, AUGUST 10th, 201
Rolette to Bottineau
37 MILES

-REST STOPS-- (Check map)-

MILES—

16	Rolette to Rest Stop	Water & Toilet (Porta)
21	Rest Stop to Bottineau	FINAL DESTINATION

CANDAK TOUR WRAP-UP CELEBRATION!!!

Bottineau Fair Grounds –

Cross the finish line and get your picture taken!
enjoy some fruit and vegetable trays.

Luggage Pick Up –

Bottineau Fair Grounds

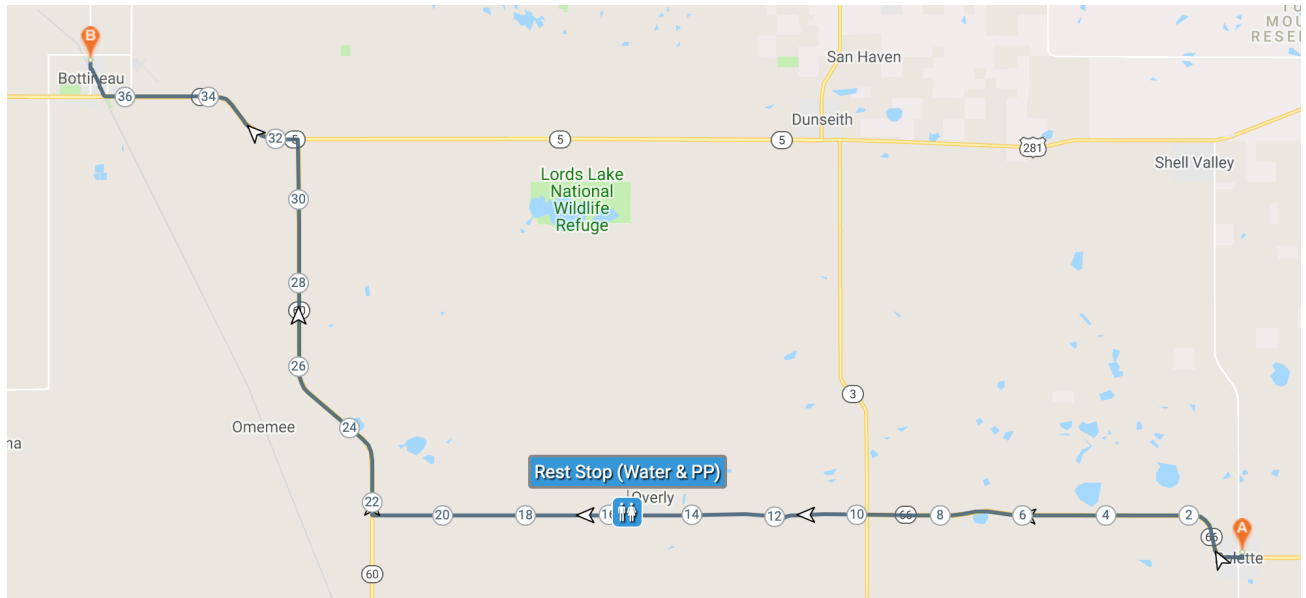
Showers --

Available at the fair grounds

BE SURE TO VOTE FOR THE BEST REST STOP AND OVERNIGHT HOST!!!!
(Ballot available at the Return Celebration)



DAY 7
SATURDAY, AUGUST 10th, 2019
Rolette to Bottineau
37 MILES





REMEMBER TO VOTE!

During the tour, please keep in mind the following questions:

- 1. BEST OVERNIGHT HOST COMMUNITY**
- 2. FAVORITE SUPPER MEAL**
- 3. FAVORITE BREAKFAST MEAL**

The 2019 CaNDak Ballots will be available at the End of Ride Celebration near the luggage truck. A Ballot box will also be available here to turn in your ballot. If you choose to complete your ballot later, please mail to 503 4th St W. Velva, ND 58790